



Christmas And New Years Recreation And Off- Duty Safety Brief

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The Role Of Alcohol FY 99-03

**Alcohol affects
judgment and
reflexes**

**29% Alcohol-Related In
Sailors Recreation And
Off-Duty Fatalities**



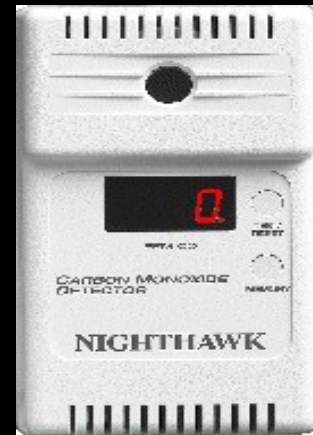
Carbon Monoxide Poisoning

Hazards

- ❖ Missing Co Alarm
- ❖ Fresh Make-up Air Vent Closed, Faulty Furnace,
- ❖ Blocked Chimney Flue
- ❖ Fuel Space Heaters
- ❖ Dirty/Clogged Air Filters
- ❖ Return Air Vent Obstructed

Controls

- Install Alarm
- Establish Appropriate PM Schedule - QA Work
- Disallow Use In Quarters
- Change Filters Quarterly
(Monthly For Pets)
- Keep Furniture Away From Vents



Smoke Detectors



- Install at least one smoke alarm on each level of your home and in or near all sleeping areas
- Smoke alarms should be tested once a month and batteries replaced once a year or when the alarm beeps, warning that the battery is low
- Every household should develop and practice a home fire escape plan that includes two ways out of every room and an outside meeting place

Fire Exit Drills In The Home

- **Check Your Smoke Detectors**
- **Develop An Escape Plan**
- **Practice Your Plan**
- **Two Ways Out**
- **Outside Meeting Place**
- **Don't Go Back**



Christmas Fire Safety

Hazards

- **Dry Needles**

Check For Freshness, Cut Base To Absorb Water & Check Water Level Daily

- **Fireplaces & Radiators**

Ensure Proper Clearance Before Mounting Tree

- **Ornaments & Trimmings**

UL Approved Only/Flame-Resistant

- **Frayed Wires & Broken/ Bulbs Overloaded Outlets**

Inspect Lights & Wires - Discard/ Replace Wiring & Bulbs - Don't Connect Too Many Strings

- **Leaving The House/Going To Bed**

Lights Off & Fireplace Out



Toy Safety

Call (800) 851-9955 or
web site address
www.toy-tma.org for a
free booklet on selecting
toys. Call (301) 654-
3091 or web site address
www.lionlamb.org for a
kit on toy selection.



Space Heaters

- Space heaters need space, at least three feet (one meter) away from anything that can burn
- Portable space heaters should be turned off every time you leave the room or go to sleep
- Have a sturdy screen on your fireplace, a metal screen or built-in glass doors
- Reminder on EAFB you must have a letter signed by the facility manager to have a portable heater

Electrical Safety



- **Replace or repair any electrical device with a loose or frayed cord**
- **Avoid running extension cords across doorways or under carpets**
- **In homes with small children, electrical outlets should have plastic safety covers**
- **Avoid the use of "cube taps" and other devices that allow the connection of multiple appliances into a single receptacle**
- **Place lamps on level surfaces, away from things that can burn**

Ladder Safety

- **Use the right ladder for the job**
- **Inspect before use**
- **Metal ladder + electricity = death**
- **For every 4 ft of the ladder's length you must come out 1 ft from the wall**



Cooking Safety



- **Never leave food cooking unattended**
- **Keep cooking areas clean and clear of combustibles**
- **Keep a three-foot (one meter) "kid-free zone" around the stove**
- **Turn pot handles inward**
- **Wear short, close fitting, or tightly rolled sleeves when cooking**
- **Never use a wet oven mitt, as it presents a scald danger if the moisture in the mitt is heated**

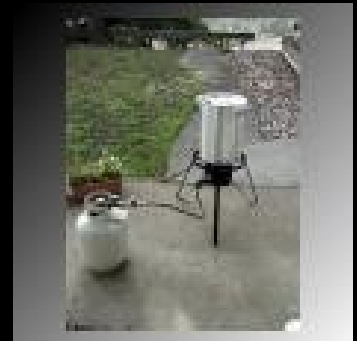
Turkey Fryers

- **Flat/stable surface; Never leave unattended**
- **Use outdoors away from; walls, fences, other structures;**
Never use in, on or under garage; breezeway,

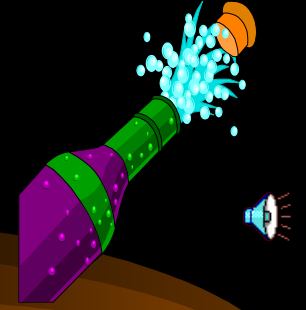


carport, porch or structure that can catch fire

- **Raise and lower food slowly to reduce splatter and avoid burns**
- **Use pot holder/mitts when adding or removing food**
- **Check oil temperature frequently; If oil begins to smoke; Turn gas off**



Holiday Parties



Hazards

- **Alcohol**
- **Cooking**
- **Food Poisoning**
- **Pets**

Controls

Serve Food & Non-Alcoholic Drinks; Provide A Ride Home

Limit the Number of Helpers; Turn Pot Handles Away From Edge; Smoke Detector; Fire Extinguisher

Separate Cutting Boards; Proper Refrigeration/Heating

Relocate to Backyard, Bedroom

Hypothermia Kills

Head

Lower
Torso

Under
Arms



Snowboarding



- **PPE**
- **Equipment**
- **Take a lesson**
- **Physical condition**
- **Stay on marked tra**

- **Layers/Hat**
- **Water/wind resistant clothing**
- **Sunscreen**
- **Drink plenty of water/no alcohol**

Frostbite Safety

- **Keep Your Clothes Dry**
- **Wear Cold Weather Boots, Gloves, Ski Mask and a Warm Hat**
- **Wear Several Layers of Clothing, Not Just One Heavy Coat**
- **Drink Plenty of Water to Avoid Dehydration**

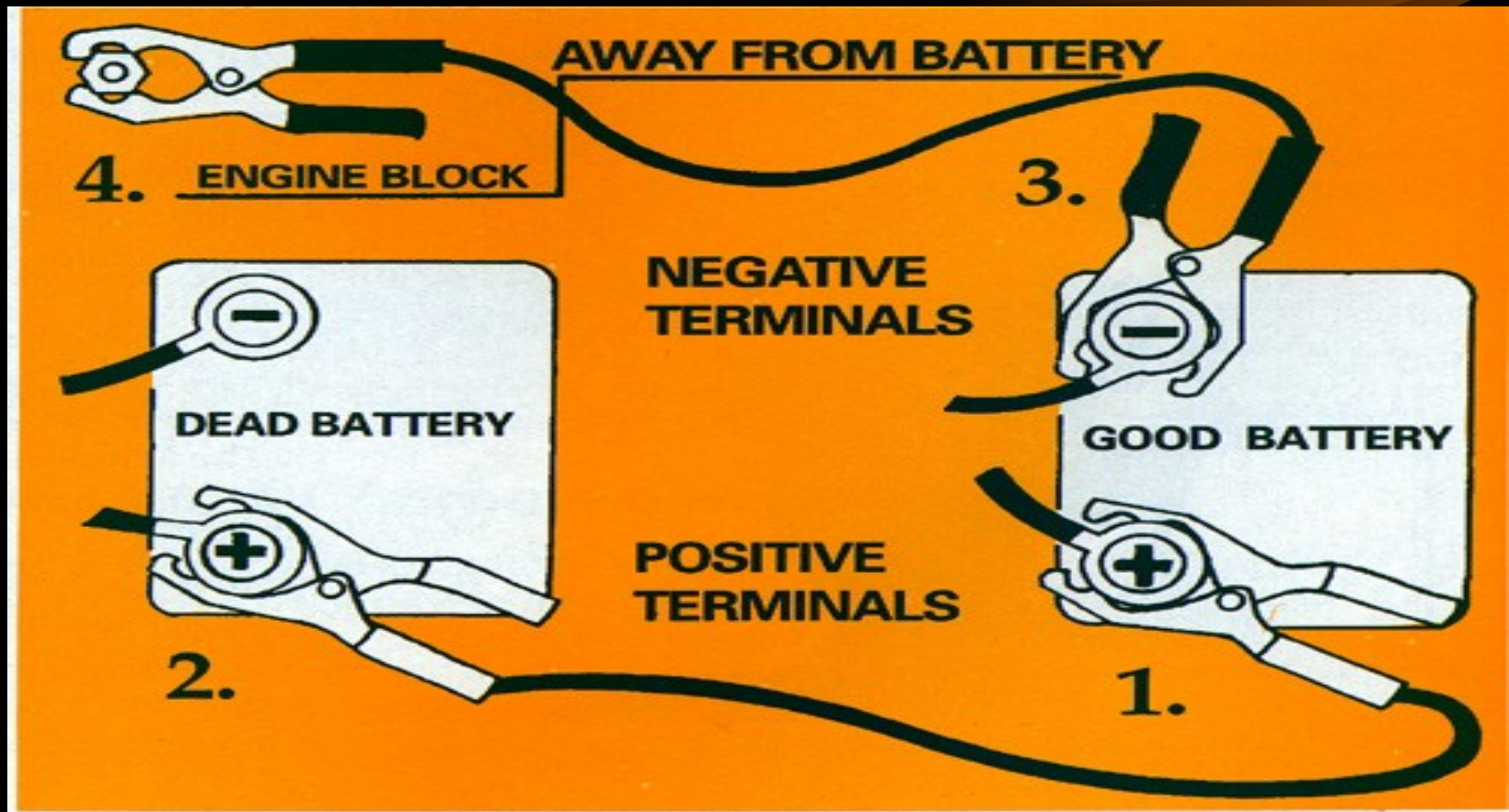


Chainsaw Safety

- **Follow Manufacturer's Recommendations**
- **Training**
- **PPE**
- **Anti-Kickback Devices**
- **Cut Between Knee And Waist**
- **Safe Refueling**



How To Jump-Start A Vehicle



**Keep the Holidays
Safe and Happy
for You & Your Family**



Before You Shop




- Avoid Carrying a Purse
- Use a fanny pack or deep pockets in clothing to carry what you need
- Carry small amounts of cash
- Carry your keys, cash and credit cards separate from each other

While Shopping




- Constantly pay attention to what's going on around you
- Always take a shopping bag from home in case none are available at the mall
- Consolidate as many packages as possible

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- If you have to carry a purse, carry it close to your body and always zipped
 - Park strategically close to the store is optimum. Park in well-lit areas. Never park next to a van
 - Know exactly where you parked your car
 - Make a mental note or write it down so you will know exactly where to go when you leave the store

After Shopping



- Leave the mall/store ahead of closing time
- Walk out with other people. There is safety in numbers
- Don't shop until you are exhausted. You need to be alert and not tired

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- Use an escort or mall security if you have too many packages
 - Request security to escort you to your car if you are leaving a store after closing
 - Check underneath your car as you approach it. This is a common ploy of criminals in parking lots and they will take you by surprise
 - Always remember to ask for all your forms of I.D. and credit cards before leaving a store
 - Keep your packages stored out of sight in the trunk of your car

At Home

- Keep gifts hidden from view through outside windows
- After opening gifts, break down cardboard boxes of expensive electronics and fancy stores and put them in plastic bags to hide the fact you have valuable items in your home



5 Step Process

1. Identify Hazards

2. Assess Hazards

3. Make Risk

4. Implement Controls

5. Supervise



Questions ?



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